



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, U.S. ARMY MEDICAL COMMAND
2050 WORTH ROAD
FORT SAM HOUSTON, TEXAS 78234-6000

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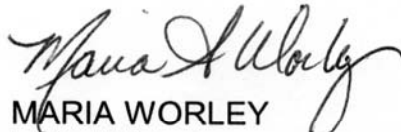
14 January 2005

MEMORANDUM FOR NATIONAL NUTRITION MONTH PARTICIPANTS


SUBJECT: 2005 National Nutrition Month Resource Packet

1. The Department of Defense (DoD) Nutrition Committee is pleased to present the DoD National Nutrition Month (NNM) Resource Packet. This year the Public Health Service has joined us as one of our DoD partners.
2. National Nutrition Month® is an annual event sponsored by the American Dietetic Association (ADA website: <http://www.eatright.org>). To promote NNM, the theme for March 2005 is "Get a Taste for Nutrition".
3. The slogan for 2005, "**Get a Taste for Nutrition**" reinforces the importance of nutrition as a key component of good health, along with physical activity. A healthy lifestyle is the key to peak performance and feeling great. This year's slogan communicates that a healthy lifestyle starts with healthy eating. It is a call to action that challenges Americans to take responsibility for their nutrition and physical activity choices. Key messages in the current campaign include *Be adventurous and expand your horizons, Treat your taste buds, Maintain a healthy weight, Balance food choices with your lifestyle, and Be active.*
4. The packet includes a wide range of nutrition and food service-related materials. These include projects and ideas, presentations, articles, handouts, and other resources. These materials can be used to promote nutrition throughout the year to support a healthy lifestyle and improve mission readiness.


5. Have a successful National Nutrition Month! The points of contact for the nutrition resource packet are LTC Deborah Simpson (Army) DSN 584-7008, Commercial (410) 436-7008, LT James McGowan (Navy) DSN 882-4242, Commercial (901) 874-4242, MAJ Lora Pietszak (Air Force) DSN 651-9357 Commercial 813-827-9357 and LT Amy Beutler (Public Health Service) Commercial 605-867-3054.




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